

Civilian Employee Physical Fitness (CEPF) Record Sheet

Name (Last, First, MI):

Month:

Day	Time Start	Time End	Location	Activity
1				
2				
3				
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31				

Participants in the program will establish an exercise time, as approved by the XO or OIC to occur any time within the workday, but **MAY NOT** use this program as a means to come to work late or leave work early.

Regardless of the time of day in which the exercise is to be completed, participants *must physically muster at the workplace both before and after the exercise period using this form*. These forms will be turned into the staff/detachment CEPF Coordinator at the end of the month for progress and participation data compilation.

Participant signature:

Date:

CEPF Coordinator signature:

Date: